



## **Plymouth Park Department Presents: Aquaboogie!**

**Plymouth Public Pool  
in Centennial Park  
Instructor: Jane  
Fuentes  
June 4—July 27**

*FREE to the  
public*

**Mondays &  
Wednesdays  
8:00pm—8:45pm  
Ages 13 & Up**

Burn calories and get a great cardio workout while staying cool in the pool! This class is perfect for all ages (minimum age limit is 13 years-old) and all fitness levels. Can't swim? No problem. Water exercise helps increase your energy, stamina and strength -- and it is a healthy way to cool off in the summer.

Noodles are used to increase water resistance for optimum calorie burn and toning.

**For more information, contact  
Recreation Director, Allie Shook at  
574-936-7255, 574-936-2876 or  
parkrec@plymouthin.com.**

